

# IMPERIAL VALLEY COLLEGE

## Health Education for Older Adults **FREE CLASS!\***

**FALL  
2021**

- Exercises
- Nutrition
- Dance
- Balance



- Flexibility
- Strength
- Cardio

*Come and join us!*



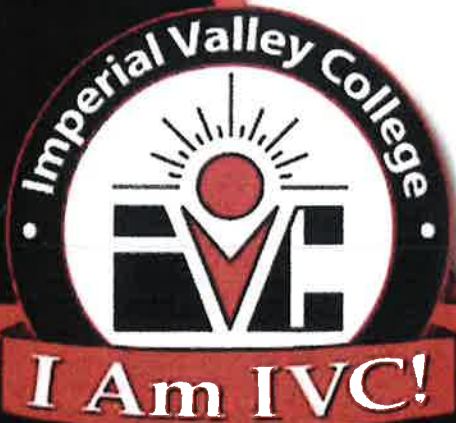
**Bring water & towel**

**Tuesdays & Thursdays  
9:30am - 10:50am**

**Class starts on August 17, 2021**

**Brawley Senior Center  
575 J Street  
Brawley, CA 92227**

**For more information, please call  
760-355-6303**



\*IVC enrollment required. Restrictions apply.